

Meal Temperature Log

Use a **food thermometer** and the **Safe Minimum Cooking Temperature chart** to ensure that foods are cooked to a safe internal temperature.



Date:	Temp.	Time	Comments
Soup:			
Entree:			
Vegetable:			
Fruit:			
Milk:			
Other:			

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Safe Minimum Cooking Temperature

Hot foods must meet the following internal temperatures prior to serving:

Category:	Food:	Temp. (°F):	Rest Time
Ground Meat	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, Roasts, Chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork & ham	Fresh pork	145	3 minutes
	Fresh ham	145	3 minutes
	Precooked ham (to reheat)	140	3 minutes
Eggs & egg dishes	Eggs	Cook until yolk & white are firm	None
	Egg dishes	160	None
Leftovers & casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin fish	145	None

After reaching minimum internal cook temperature, hot foods must be held at 140°F.

